Spartan PE Final Study Guide:

\*\*\*The final is set up is by unit. You will only be required to answer the questions regarding the unit you participated in. However, everyone was together in Unit 1.

Unit 1: Soccer

-throw ins

-positions

-how to start a game

-scoring

Unit 2: Tennis or Gaelic Football

-scoring -points/scoring

-serving -passing

-rotation -dribbling

-types of hits

Unit 3: Archery or Net Games

-scoring -scoring for tchukball and tsegball

-dominant eye -forbidden zone

-steps of archery -steps

-whistle blows -general hockey rule

Unit 4: Weight Training or Volleyball

-squat technique -rotation

-bench technique -types of hits/form

-muscles worked -hits per side

Unit 5: Basketball or Dance Aerobics

-rebounds -genres of dances

-shooting technique -steps in the wobble dance

-how to start a game -2 opinion questions

-traveling

Unit 6: Indoor Racket Sports or Yoga

-types of hits -favorite pose/why

-bouncing -benefits of corpse

-serving -describe a pose

-how to get a point